

DOMINION MAID

Recipes



DOMINION CRYSTAL

Factory-packed in
handy five and ten-
pound packets; 100-
pound bags for larg-
er users.



Ten Sweet Tricks

1. To restore the natural sugars in vegetables like carrots, peas, potatoes and turnips, put a dash of Dominion Crystal Sugar in cooking water.
2. Try a dash of Dominion Crystal Sugar in gravies, salad dressing and soups.
3. A little Dominion Crystal Sugar sprinkled on sliced tomatoes or stirred into tomato juice gives extra taste appeal.
4. When there's no time to prepare an icing, sprinkle Dominion Crystal Sugar over your cake while still warm. Makes a nice topping.
5. To make smooth candies and icing be sure sugar is completely dissolved before boiling point is reached. A single crystal of undissolved sugar may crystallize the entire mass.
6. To avoid the wrinkled top that forms on cornstarch-type puddings, sprinkle a little Dominion Crystal Sugar over the surface after cooking is completed. Be sure to do this little trick before the pudding cools.
7. To dress up cookies, cakes, desserts, sprinkle tops with colored sugar. With a fork blend vegetable food coloring into $\frac{1}{2}$ cup Dominion Crystal Sugar. Six drops for light color, 12 drops for medium, 24 drops for dark. Let sugar dry on wax paper at room temperature. Store in small screw-top jars.
8. Freshly baked things laid on a Dominion Crystal-sugared plate keep better, don't stick, taste good.
9. Dominion Crystal Sugar sprinkled over a meringue helps keep it from tearing when cut into. Keeps it fresh and moist, too!
10. A few grains of Dominion Crystal Sugar on a tin in the oven, or over a burner, sweeten away unpleasant kitchen odors.

Cakes



Sugar is very important in all cakes. Besides giving sweetness, it contributes to the eating quality of cakes — to their even texture, fine grain and tenderness.

Sugar assists in the building of a mass of air cells in the batter which helps the cake rise in the oven. Sugar has a mellowing effect on the gluten of flour, allowing it to soften and flow during baking. Sugar helps to keep cakes moist. And because sugar caramelizes slightly during baking, it helps to produce the rich golden brown cake crust which we all like so much.

In cake making you should use a special fine grade of granulated sugar—the kind you'll always find in handy five and ten-pound DOMINION CRYSTAL packages.

* WHITE LAYER CAKE

(Prize-winning Recipe)

- | | |
|-----------------------------------|-----------------------------------|
| ½ cup butter or shortening | ¾ cup milk |
| 1 cup Dominion Crystal Fine Sugar | 1 teaspoon vanilla |
| 2 cups sifted pastry flour | 3 egg whites |
| 2½ teaspoons baking powder | ¼ cup Dominion Crystal Fine Sugar |
| ¼ teaspoon salt | |

METHOD:

1. Sift and measure flour, add baking powder and salt, sift three times.
2. Cream shortening, add 1 cup sugar gradually, cream until light.
3. Add dry ingredients alternately with milk.
4. Add vanilla.
5. Beat egg whites until foamy, and add ¼ cup sugar gradually and beat only until mixture will form and hold soft peaks.
6. Fold thoroughly into batter.
7. Turn into two greased 8-inch layer cake pans (line bottom with waxed paper).
8. Bake in moderate oven (375°F) for 25 minutes.

* Submitted by Mrs. Beth Eskritt, R.R. No. 1, Ridgeway, Ontario.

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* QUICK ONE - EGG CAKE

(Prize-winning Recipe)

Mix in bowl:

- 1 cup Dominion Crystal Fine Sugar
- 1 cup sifted pastry flour
- 1 teaspoon baking powder
- ½ teaspoon salt

Put in cup:

- 2 tablespoons butter
- 1 egg
- Fill cup with milk.

METHOD:

1. Add ingredients in cup to dry ingredients and beat well for three minutes.
2. Add 1 teaspoon vanilla.
3. Bake in 8"x8" pan in moderate oven (350°F) for 25 to 30 minutes.

* Submitted by Mrs. W. T. Walker, R.R. No. 5, Strathroy, Ontario.

CHOCOLATE FUDGE LAYERS

- 2 cups sifted pastry flour
- 2 teaspoons baking powder
- ½ teaspoon soda
- ¼ teaspoon salt
- ½ cup butter or other shortening
- 1¼ cups Dominion Crystal Fine Sugar

- 3 squares unsweetened chocolate, melted
- 1 cup plus 2 tablespoons milk
- 1 teaspoon vanilla
- ½ cup finely chopped nut meats, if desired
- 2 eggs, well beaten.

METHOD:

1. Sift flour. Measure. Sift again with baking powder, soda and salt.
2. Cream butter until soft. Add Dominion Crystal Fine Sugar gradually, beating until light and fluffy.
3. Add eggs gradually, beating well.
4. Add chocolate (cooled slightly.) Beat, until well blended.
5. Add flour, alternately with milk and vanilla, beating after each addition until smooth. Fold in nut meats, if desired.
6. Bake in two greased 9-inch layer pans in moderate oven (350°F) about 35 minutes.

CRUMB SPICE CAKE

- 2 cups pastry flour
- 1 cup Dominion Crystal Fine Sugar
- ¾ cup butter
- 1 cup sour milk

- 1 teaspoon soda
- 1 teaspoon cassia *
- ½ teaspoon nutmeg
- 1 cup raisins
- 1 egg

METHOD:

1. Roll into crumbs, flour, sugar and butter.
2. Take out one cupful of crumbs for the top of the cake.
3. Mix remainder of ingredients with remainder of crumbs.
4. Put in pan and sprinkle the cupful of crumbs on top.
5. Bake in a moderate oven 30 to 40 minutes.

* Cinnamon.

TOMATO JUICE CAKE

1 cup tomato juice
1 teaspoon soda
 $\frac{1}{3}$ cup shortening
 $\frac{1}{3}$ cup Dominion Crystal Fine Sugar
1 egg, beaten
1 teaspoon vanilla
2 cups sifted pastry flour
 $1\frac{1}{2}$ tsp. baking powder
 $\frac{1}{2}$ teaspoon salt

1 teaspoon nutmeg
1 teaspoon cinnamon

Optional additions:

1 cup raisins OR
 $\frac{1}{2}$ cup raisins and $\frac{1}{2}$ cup dates
OR
 $\frac{1}{2}$ cup mixed peel and $\frac{1}{2}$ cup nuts.

METHOD:

1. Line with paper, the bottom of pan 8"x8"x2".
2. Mix soda with tomato juice and allow to stand.
3. Cream shortening. Gradually add sugar. Beat. Add beaten egg and vanilla.
4. Sift together dry ingredients. If fruit is to be added, sift about $\frac{1}{4}$

cup dry ingredients over fruit and toss lightly.

5. Add dry ingredients alternately with tomato juice to creamed shortening mixture. Do not overmix. Add floured fruit last.
6. Bake in moderate oven, 350°, 35 minutes.
7. Remove from pan and cool on rack.
8. You may serve with or without icing.

* ANGEL FOOD CAKE

(Prize-winning Recipe)

1 cup fresh egg whites (8 eggs)
at room temperature
 $\frac{1}{4}$ teaspoon salt
1 teaspoon cream of tartar

1 teaspoon vanilla
1 cup Dominion Crystal Fine Sugar
 $\frac{3}{4}$ cup sifted pastry flour (sifted 4 or 5 times).

METHOD:

1. Place egg whites in a deep mixing bowl and beat with a rotary beater.
2. When a foam begins to form, sift salt and cream of tartar over surface, and continue beating until whites are foamy.
3. Add flavouring and continue beating until whites begin to stiffen.
4. Then beat in about half of the sugar by sifting 2 tablespoons at a time over surface of whites, beat after each addition until well blended.
5. Gradually fold in remaining sugar with a spatula by sifting

about two tablespoons at a time over the surface.

6. Gradually fold in flour by sifting about two tablespoons at a time over surface.
7. Fold gently and quickly until thoroughly blended.
8. Spread batter carefully into a tube pan which has never been greased.
9. Bake in a moderate oven (350° F) for 50 to 60 minutes.
10. Invert cake and pan on wire rack and let stand until cold (1 hour).

* Submitted by Mrs. Beatrice Taylor, Brigden, Ontario.

REFRIGERATOR CAKE

- 1 quart strawberries
- 1 cup Dominion Crystal Fine Sugar
- 1 teaspoon lemon juice

- 1 tablespoon gelatin
- 3 tablespoons cold water
- 1 cup heavy cream, whipped
- 24 vanilla wafers

METHOD:

1. Wash, hull and slice strawberries.
2. Add Dominion Crystal Fine Sugar and lemon juice.
3. Line greased loaf pan with waxed paper. Soften gelatin in water. Dissolve over hot water.
4. Drain juice from berries and add to gelatin. Stir into whipped cream. Fold in berries.
5. Cover bottom of pan with mixture. Add layer of wafers, alternately in this way until all strawberry mixture is used, finishing with layer of wafers.
6. Chill overnight in coldest part of refrigerator. Turn out on platter. Remove waxed paper.
7. Garnish with sliced strawberries and whipped cream, if desired.

BOSTON CREAM CAKE

- $\frac{1}{2}$ cup shortening
- 1 cup Dominion Crystal Fine Sugar
- 2 eggs
- $1\frac{3}{4}$ cups pastry flour

- 2 teaspoons baking powder
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{2}$ cup milk
- 1 teaspoon vanilla extract

METHOD:

1. Cream shortening until it is of mayonnaise consistency.
2. Add sugar gradually while continuing to cream.
3. Beat eggs thoroughly. Add. Beat well.
4. Sift flour; measure.
5. Mix and sift flour, baking powder and salt.
6. Add alternately with milk to shortening and egg mixture.
7. Add vanilla extract.
8. Pour into 2 greased and floured layer cakepans, 8" in diameter.
9. Bake in moderately hot oven 375°F 25-30 minutes.
10. Cool.
11. Put layer together with chocolate cream filling.
12. Sprinkle top liberally with icing sugar.

CHOCOLATE CREAM FILLING

- 4 tablespoons pastry flour
- $\frac{1}{3}$ cup Dominion Crystal Fine Sugar
- Few grains salt
- $\frac{1}{2}$ tsp. vanilla extract

- 1 cup milk
- 1 sq. (1 oz.) unsweetened chocolate, melted
- 1 egg.

METHOD:

1. Combine flour, sugar and salt.
2. Scald milk; add.
3. Add melted chocolate; cook over hot water 15 minutes, stirring constantly until thick, then occasionally.
4. Beat egg.
5. Add to hot mixture slowly.
6. Cook 3 minutes longer; cool.
7. Add vanilla extract.
8. Makes enough to spread between two 8-inch cake layers.

HOLIDAY FRUIT CAKE

- 2 cups sifted pastry flour
- $\frac{3}{4}$ cup diced candied citron
- $1\frac{1}{2}$ cups sliced candied cherries
- $\frac{1}{2}$ cup diced candied lemon peel
- 1 cup diced candied orange peel
- $1\frac{1}{2}$ cups blanched chopped almonds

METHOD:

1. Combine flour, fruits and nuts.
2. Cream shortening and sugar until light and fluffy.
3. Add eggs; beat thoroughly.
4. Add flavorings.
5. Add flour-fruit mixture gradually; blend well.
6. Turn into well-greased tube pan, 9 inches in diameter.
7. Cover tightly with heavy waxed paper and tie securely with string, or cover with aluminum foil, pressing around rim of pan.
8. Set on rack in steamer.
9. Add enough boiling water to

- 1 cup shortening
- 1 cup Dominion Crystal Fine Sugar
- 5 eggs, well beaten
- 1 teaspoon rum flavoring
- $\frac{1}{2}$ teaspoon orange flavoring
- Sugar Glaze *

come half way up the sides of the cake pan.

10. Cover kettle and keep water boiling.
11. Steam $3\frac{1}{4}$ hours.
12. Remove from steamer.
13. Brush top with Sugar Glaze.
14. Decorate with cherries and almonds.
15. Bake in slow oven, 250°F for $1\frac{1}{2}$ hours.
16. Remove from pan; brush top and sides with glaze.
17. Wrap in waxed paper or aluminum foil and store in air-tight container.

Yield: One 4-pound cake.

* SUGAR GLAZE

- $\frac{1}{4}$ cup Dominion Crystal Fine Sugar

- $\frac{1}{4}$ cup water
- Few drops of lemon extract.

METHOD:

1. Combine sugar and water in saucepan; bring slowly to boil.
2. Boil 10 minutes.

3. Add flavoring.
4. Spread on the cake while it is warm.

OLD FASHIONED FRIED CAKES

- 2 cups Dominion Crystal Fine Sugar
- 1 tablespoon butter
- 2 eggs
- 1 cup sweet milk

- 3 heaping teaspoons baking powder
- $\frac{1}{2}$ teaspoon salt
- 1 cup hot mashed potatoes
- Flour to roll out.

METHOD:

1. Cream butter and sugar.
2. Add eggs.
3. Pour in milk. Mix.
4. Add 3 heaping teaspoons baking powder and $\frac{1}{2}$ teaspoon salt. Mix.

5. Add 1 cup hot mashed potatoes.
6. Sprinkle flour on bake-board and roll out mixture till $\frac{1}{4}$ " thick.
7. Cut with doughnut cutter.
8. Fry in deep fat.

PUMPKIN NUT CAKE (sour milk)

Preheat oven to 350°F.

- ½ cup shortening or butter
- ½ cup Dominion Crystal Fine Sugar
- 1 cup brown sugar, firmly packed
- 2 eggs, well beaten
- 1 teaspoon vanilla
- 2½ cups sifted pastry flour

- ½ teaspoon salt
- ¼ teaspoon baking soda
- ½ cup sour milk
- ¾ cup cooked pumpkin, fresh or canned
- ⅔ cup chopped walnuts
- 5 teaspoons baking powder.

METHOD:

1. Cream shortening, add sugar gradually, cream well together.
2. Add beaten eggs and vanilla and beat well.
3. Dredge nuts with part of the flour.
4. Add sifted dry ingredients alternately with sour milk.
5. Add pumpkin and nuts.
6. Bake in a greased 9"x9" pan in moderate oven (350°F) 50 to 60 minutes.

CREOLE CUP CAKES

- 1¾ cups sifted pastry flour
- 2 teaspoons baking powder
- 2 teaspoons cinnamon
- ¼ teaspoon salt
- ⅓ cup cocoa

- ½ cup vegetable shortening
- 1 cup Dominion Crystal Fine Sugar
- 2 eggs, well beaten
- ¾ cup milk
- 1 teaspoon vanilla

METHOD:

1. Sift flour. Measure, and sift again with baking powder, cinnamon, salt, cocoa.
2. Cream shortening until soft.
3. Add Dominion Crystal Fine Sugar gradually, beating until light and fluffy.
4. Add eggs gradually, beating well.
5. Add dry ingredients alternately with milk and vanilla, beating after each addition until smooth.
6. Fill greased cup cake pans ¾ full. Bake in moderate oven (375°F) about 25 to 30 minutes until done.

APPLESAUCE CAKE

Preheat oven to 350°F.

- ½ cup butter or margarine
- 1 cup Dominion Crystal Fine Sugar
- 1 egg, well beaten
- 2 cups sifted pastry flour
- 1 teaspoon baking soda
- ¼ teaspoon salt

- 1 teaspoon cinnamon
- ½ teaspoon ground cloves
- 1 cup warm unsweetened applesauce
- ¾ cup seedless raisins
- ½ cup currants
- ½ cup chopped walnuts (optional)

METHOD:

1. Cream butter, add sugar gradually, cream well.
2. Add egg, mix thoroughly.
3. Add mixed and sifted dry ingredients alternately with the applesauce.
4. Fold in fruit and nuts which have been dredged with an extra ¼ cup flour.
5. Bake in a greased 8"x8" cake pan in a moderate oven (350°F) for 60 to 65 minutes.

GUM DROP CAKE

- 1 lb. gum drops (no black or purple)
- 2¾ cups or 1 lb. seedless raisins
- ½ cup shortening
- 1 cup Dominion Crystal Fine Sugar
- 2 eggs, beaten

- 1 cup sifted pastry flour
- 1 cup sifted whole wheat flour
- ½ teaspoon salt
- 1 teaspoon cinnamon
- 1 teaspoon nutmeg
- 1 teaspoon baking powder
- 1 cup milk.

METHOD:

1. Carefully grease loaf pan 9"x 5"x3". Then line bottom and sides with double thickness of oiled wrapping paper.
2. Cut gum drops quite finely with scissors. (2½ cups gum drops tightly packed.)
3. Mix gum drops and raisins.
4. Thoroughly cream shortening, sugar and eggs. Beat well.
5. Sift and mix dry ingredients.
6. Sift about ⅓ cup dry ingredients over gum drops and raisins. Toss lightly.

7. Add flour mixture, alternately with milk to creamed shortening, sugar and eggs.

8. Add floured fruit.

9. Bake in slow oven, 300°F, for 2½ hours.

10. Cool slightly before removing from pan. Then carefully remove paper at once. Complete cooling on rack.

11. Wrap.

12. Store in tightly covered tin for several days before use. Cut as fruit cake.

BANANA-NUT CAKE

- ½ cup softened butter or margarine
- 1½ cups Dominion Crystal Fine Sugar
- 2 eggs
- 1¼ cups mashed banana (approximately 3 bananas, 1½ lbs.)
- 1 teaspoon baking soda

¼ cup sour milk (¼ cup sweet milk plus 1 teaspoon vinegar)

1¾ cups sifted, all-purpose flour

¼ teaspoon salt

1 teaspoon baking powder

1 cup coarsely chopped walnut meats.

METHOD:

1. Cream butter or margarine and sugar; continue to mix until well blended.

2. Add eggs and beat until smooth.

3. Stir in mashed bananas.

4. Dissolve soda in sour milk and pour into mixture.

5. Sift in flour, salt and baking powder; blend.

6. Add nut meats; mix well.

7. Pour into a greased 9-inch tube pan, 3½" deep (for special party fare) or 9"x5"x3" loaf pan (for family fare).

8. Bake in a moderate oven (350°F) 40 minutes or until done.

SERVES: 8 to 10.

Pies and Tarts



In pies and tarts, sugar, of course, plays the important role of contributing sweetness and food value. But in addition, it helps bring out the full flavor of the natural juices in pies and tarts with fruit fillings. In fillings calling for eggs, sugar raises the temperature at which egg proteins thicken, reducing the risk of overheating. Also, sugar helps to retain moisture in pies and tarts, enabling them to stay fresh longer.

Special fine DOMINION CRYSTAL sugar in handy five and ten-pound packages is particularly suitable for pies and tarts.

STRAWBERRY MARBLE PIE

1 cup pastry flour
 $\frac{1}{2}$ teaspoon baking powder
 2 teaspoons Dominion Crystal
 Fine Sugar
 $\frac{1}{8}$ teaspoon salt
 $\frac{1}{3}$ cup butter or margarine
 1 tablespoon cold water

1 quart strawberries
 1 cup Dominion Crystal Fine
 Sugar
 $1\frac{1}{3}$ cups water
 3 tablespoons cornstarch
 $\frac{1}{2}$ pint heavy cream

METHOD:

1. Mix and sift flour, baking powder, 2 teaspoons sugar and salt.
2. Cut in butter or margarine with 2 knives or pastry blender.
3. Add 1 tablespoon cold water, or enough to hold ingredients together.
4. Roll out thin; line 9-inch pie pan; trim and flute edge.
5. Bake in hot oven, 425° F, until golden brown.
6. Wash strawberries; hull.
7. Simmer 1 cup strawberries, 1 cup sugar and 1 cup water 15 minutes.

8. Mix remaining $\frac{1}{3}$ cup water with cornstarch; add to cooked berries.
9. Cook until thick, stirring constantly.
10. Cool.
11. Add uncooked strawberries.
12. Whip cream; flavor and sweeten to taste.
13. Fold whipped cream into strawberries to make marbelized effect.
14. Swirl into pie shell.
15. Chill 3 to 4 hours.
16. Garnish with whole berries.

NEW METHOD PASTRY

2 cups sifted pastry flour
½ teaspoon salt

¼ cup water
⅔ cup shortening

METHOD:

1. Sift flour and salt.
2. Take out ⅓ cup of flour and blend with water to make a smooth paste.
3. Cut shortening into remaining flour, using either pastry blender or two knives.

4. Add flour-water paste and mix very lightly with a fork until pie paste will cling together.

5. Roll out on lightly floured board.

YIELD: Two 9-inch pie crusts.

LEMON CHIFFON PIE

Baked pie shell

1 tablespoon gelatin
¼ cup cold water
½ cup Dominion Crystal Fine Sugar
½ cup lemon juice

½ teaspoon salt
3 egg yolks, well beaten
1 teaspoon grated lemon rind
3 egg whites, stiffly beaten
½ cup Dominion Crystal Fine Sugar

METHOD:

1. Soak gelatin in cold water for 5 minutes.
2. Combine sugar, lemon juice, salt and well beaten egg yolks.
3. Cook over boiling water until of custard consistency (approx. 5 to 7 minutes.)
4. Remove from heat, stir in lemon rind, and add mixture to soaked gelatin, stir until dissolved.

5. Cool in refrigerator until partially set—about 1 hr.

6. Beat egg whites until stiff but not dry.

7. Add sugar gradually, beating after each addition.

8. Fold into gelatin mixture.

9. Fill baked pie shell and chill.

10. Garnish with whipped cream just before serving.

APPLE PIE

5 to 7 tart apples
¾ to 1 cup Dominion Crystal Fine Sugar
2 tablespoons pastry flour
⅓ teaspoon salt

1 teaspoon cinnamon
¼ teaspoon nutmeg
Plain pastry
2 tablespoons butter

METHOD:

1. Pare apples and slice thin; add sugar mixed with flour, salt and spices; fill 9-inch pastry-lined pie pan.
2. Dot with butter.
3. Adjust top crust.
4. Bake in hot oven (450°F) 10

minutes then in moderate oven (350°F) about 40 minutes

5. If apples aren't tart, add 1 tablespoon lemon juice.

6. Grated lemon peel may also be added if desired.

DEEP APPLE PIE

Bake in pastry-lined 6½x10½ inch oblong baking dish.

CRANBERRY PIE

1 tablespoon pastry flour

$\frac{1}{4}$ teaspoon salt

2 cups Dominion Crystal Fine
Sugar

$\frac{1}{3}$ cup water

4 cups cranberries

Grated rind $\frac{1}{2}$ lemon

2 tablespoons butter or margarine

Pie pastry

METHOD:

1. Combine flour, salt, sugar.
2. Add water and heat until sugar is melted.
3. Add cranberries.
4. Cook slowly until the skins pop open.
5. Add lemon rind and butter or margarine.

6. Cool.
7. Pour into pastry lined 9-inch pie plate.
8. Cover with pastry strips arranged in criss-cross fashion.
9. Brush top with milk.
10. Bake in a hot oven, (425°F), 30 minutes.

CRANBERRY - PINEAPPLE PIE: Decrease cranberries to 2 $\frac{1}{2}$ cups and add 1 $\frac{1}{2}$ cups fresh chopped pineapple.

* BUTTER TARTS

(Prize-winning Recipe)

3 tablespoons butter

1 cup Dominion Crystal Fine
Sugar

2 tablespoons corn syrup

1 egg beaten

$\frac{1}{2}$ cup raisins

$\frac{1}{2}$ teaspoon vanilla

METHOD:

1. Cream butter, add sugar and corn syrup. Mix well.
2. Add egg and raisins. Beat well.
3. Add vanilla.

4. Fill pastry lined pans two-thirds full.
5. Bake in a hot oven (425°F) 15 minutes.

* Submitted by Mrs. N. M. Ford, Petrolia, Ontario.

* DATE TARTS (Sour Cream)

(Prize-winning Recipe)

Baked tart shells

1 cup chopped dates

$\frac{1}{2}$ cup Dominion Crystal Fine
Sugar

1 cup sour cream

$\frac{1}{8}$ teaspoon salt

2 egg yolks

1 teaspoon baking soda.

METHOD:

1. Put dates, sugar, sour cream and salt in saucepan and simmer until dates are quite soft.
2. Beat egg yolks.
3. Add a little of hot date mixture to egg, beating well.

4. Add this to remaining date mixture continuing the beating.
5. Add baking soda and cook three minutes more.
6. Pile lightly into tart shells.
7. Garnish with meringue or whipped cream.

* Submitted by Mrs. Carrie McDonald, Brigden, Ontario.

Bread and Muffins



Sugar adds characteristic sweetness and flavor to many yeast breads and quick breads. Sugar is especially important in yeast breads as a nutrient for the yeast, thus contributing to faster rising of yeast dough. Of course, it also gives assistance in browning and has a tenderizing action.

In quick breads, sugar has a tenderizing effect of great importance on the protein of flour. Sugar makes it possible to do more mixing without developing toughness. For example, muffins made without sugar are likely to be tough and compact, even with a minimum of beating, because the gluten framework hinders full expansion of the leavening gas. However, addition of the correct amount of sugar, weakens the gluten, increases volume and makes cell walls more tender.

For your breads and muffins, DOMINION CRYSTAL in five and ten-pound packages is the sugar to use—it's special fine and completely dependable.

CORN BREAD

1 cup all-purpose flour

$\frac{3}{4}$ cup corn meal

$\frac{1}{4}$ cup Dominion Crystal Fine Sugar

$\frac{3}{4}$ teaspoon salt

3 teaspoons baking powder

1 cup sweet milk

1 egg

2 tablespoons melted fat

METHOD:

1. Put fat in baking pan and pre-heat in oven.
2. Sift flour once, then measure.
3. Add corn meal, sugar, salt and baking powder. Sift. Put in bowl.
4. Beat the egg in another bowl.
5. Add milk to egg.

6. Take pan from oven and add melted fat.
7. Combine milk, fat and egg mixture to dry ingredients in large bowl.
8. Mix thoroughly.
9. Pan is now cool enough to rub grease left in pan over bottom.
10. Pour corn bread batter into greased pan and place in oven.

NOTE: Bacon fat makes corn bread taste good.

* CINNAMON BUNS

(Prize-winning Recipe)

- 1 compressed yeast cake OR
1 package dehydrated yeast
- ½ cup lukewarm water
- 1 teaspoon Dominion Crystal
Fine Sugar
- ½ cup milk
- 2 tablespoons butter
- 1 teaspoon salt
- ¼ cup Dominion Crystal Fine
Sugar
- 1 egg beaten
- 3½ to 4½ cups sifted bread flour.

METHOD:

1. Soak yeast in lukewarm water with 1 teaspoon sugar. Set aside.
2. Scald milk, add butter and sugar.
3. When lukewarm, add egg and dissolved yeast.
4. Stir in flour, into which salt has been sifted, to make a soft dough.
5. Knead well.
6. Place the dough in a large bowl, cover with a plate or tea towel, and put in a warm place to rise.
7. When double in bulk, knead

TOPPING:

- ⅓ cup butter
- ½ cup brown sugar (firmly packed)
- 1 teaspoon cinnamon
- ½ cup chopped walnuts
- A few maraschino cherries (optional)

down and roll into a rectangle (¼ inch thick).

8. Cream butter, brown sugar and cinnamon together, and add nuts.
9. Spread ⅓ of this mixture on dough.
10. Roll up as for jelly roll.
11. Slice ¾ inch slices off for buns.
12. Spread bottom of pan with remaining topping.
13. Place buns in pan and put in warm place until double in bulk.
14. Bake in moderate oven (375° F) for 25 minutes.

YIELD: 18 buns.

* Submitted by Mrs. Clarence Urquhart, R.R. No. 3, Glencoe, Ontario.

WHOLE-WHEAT BREAD

- 1 cake fresh or 1 package granular yeast
- 2 cups lukewarm water
- 2 tablespoons Dominion Crystal
Fine Sugar
- 2 teaspoons salt

METHOD:

1. Soften yeast in lukewarm water.
2. Add fine sugar, salt and white flour; beat smooth, set in warm place (82°F) until light and bubbly.
3. Combine hot water with brown sugar and shortening; cool to lukewarm.

- 3 cups bread flour
- ½ cup hot water
- ½ cup brown sugar
- 3 tablespoons shortening
- 3 cups whole-wheat flour

4. Add to sponge; add whole-wheat flour; mix smooth; knead and let rise.

5. Place in greased loaf pans; let rise until doubled.
6. Bake in moderate oven (375°F) 50 minutes.

YIELD: Two 1-pound loaves.

* DATE AND NUT LOAF

(Prize-winning Recipe)

- | | |
|-----------------------------------|---------------------------|
| 3 tablespoons butter | 2 teaspoons baking powder |
| ½ cup Dominion Crystal Fine Sugar | 1 teaspoon vanilla |
| 1 egg, beaten | 1 cup chopped dates |
| 1½ cups sifted pastry flour | 1 cup hot water |
| 1 teaspoon baking soda | 1 cup chopped walnuts |

METHOD:

1. Add hot water to dates, cook until soft.
2. Cool.
3. Cream butter, add sugar, and beaten egg and beat well.
4. Add cooled date mixture, nuts and vanilla.
5. Add sifted dry ingredients.
6. Bake in greased loaf pan 4"x8" in a moderate oven (350°F) for 1 hour.

* Submitted by Mrs. Edna Grant, R.R. No. 1, Bickford, Ontario.

CINNAMON COFFEE CAKE

- | | |
|-------------------------------------|----------------------------|
| 2 eggs | 3 cups sifted pastry flour |
| 1½ cups Dominion Crystal Fine Sugar | 3½ teaspoons baking powder |
| 1 cup milk | 1 teaspoon salt |
| 2 teaspoons vanilla | 2½ teaspoons cinnamon |
| | ½ cup melted shortening |

METHOD:

1. Beat eggs; add sugar slowly, beating constantly.
2. Add milk and vanilla while beating.
3. Sift dry ingredients together, add alternately with melted shortening, beating vigorously until smooth.
4. Pour into well greased 2-quart mold or 2 small loaf pans.
5. Bake in moderate oven (350°F) 45 to 60 minutes, depending on size.
6. Remove from oven, invert pan on cake rack.
7. Let stand 5 minutes.
8. Remove from pan; cool on cake rack.

CRANBERRY QUICK BREAD

- | | |
|-----------------------------------|-----------------------------------|
| 3 cups sifted flour | ⅓ cup Dominion Crystal Fine Sugar |
| 4½ teaspoons baking powder | 1 egg, slightly beaten |
| 1½ teaspoons salt | 1½ cups milk |
| ½ cup Dominion Crystal Fine Sugar | ¼ cup melted shortening. |
| 1 cup chopped raw cranberries | |

METHOD:

1. Mix and sift flour, baking powder, salt and ½ cup sugar.
2. Combine cranberries and remaining ½ cup sugar.
3. Add to dry ingredients; mix well.
4. Combine egg, milk and slightly cooled melted shortening.
5. Add to dry ingredients all at once.
6. Stir just enough to moisten dry ingredients; do not beat.
7. Turn into greased loaf pan (9½"x5½"); bake in moderate oven (350°F), about 1 hour.

BLUEBERRY TEA MUFFINS

1 $\frac{3}{4}$ cups sifted pastry flour
1 $\frac{1}{2}$ teaspoons baking powder
 $\frac{1}{4}$ teaspoon salt
 $\frac{1}{3}$ cup butter or shortening.

$\frac{1}{2}$ cup Dominion Crystal Fine Sugar
1 egg, well beaten
 $\frac{1}{2}$ cup milk
 $\frac{3}{4}$ cup fresh blueberries.

METHOD:

1. Sift flour with baking powder and salt.
2. Cream butter until light.
3. Add Dominion Crystal Fine Sugar gradually, beating until fluffy.
4. Add egg, beating until smooth.
5. Add dry ingredients alternately with milk. Beat after each addition till smooth.
6. Add lightly floured blueberries.
7. Fill greased muffin pans $\frac{2}{3}$ full.
8. Bake in a hot oven (400°F) about 30 minutes.

CORN MEAL RAISIN MUFFINS

$\frac{1}{3}$ cup shortening
1 cup Dominion Crystal Fine Sugar
2 eggs
1 $\frac{1}{4}$ cups corn meal

$\frac{3}{4}$ cup flour
2 $\frac{1}{2}$ teaspoons baking powder
 $\frac{3}{4}$ teaspoon salt
 $\frac{1}{3}$ cup raisins
1 cup milk

METHOD:

1. Cream shortening and sugar.
2. Beat eggs until light and lemon-colored; add with corn meal.
3. Mix and sift flour, baking powder and salt.
4. Add raisins to flour mixture; combine with corn meal mixture.
5. Add milk.
6. Bake in greased muffin pans or cornstick pans in hot oven (400°F) for 25 minutes.

YIELD: 12 large muffins.

BRAN MUFFINS

2 cups sifted pastry flour
2 teaspoons salt
1 $\frac{1}{2}$ teaspoons soda
1 teaspoon baking powder
4 tablespoons Dominion Crystal Fine Sugar

1 cup raisins (optional)
2 tablespoons fat, melted
1 egg, beaten
2 cups sour milk
 $\frac{1}{3}$ cup molasses
2 cups cooking bran.

METHOD:

1. Grease 12 large muffin tins.
2. Sift flour, salt, soda, baking powder and sugar into mixing bowl.
3. Stir in bran and raisins.
4. Mix all wet ingredients and pour into centre of flour mixture.
5. Stir only enough to dampen flour. Mixture should be lumpy. Mix quickly.
5. Two-thirds fill muffin tins.
6. Bake in hot oven (425°F) 25 minutes.
7. Serve warm.

Cookies



Cookies are actually a modification of cakes, produced by decreasing the amount of liquid used in cake batter to form doughs that may be spread into a fairly thin sheet, dropped, rolled and cut, molded or sliced before baking.

While sugar is used primarily as a sweetening agent in cookies, it also helps to give them the rich golden color that makes you want to reach down deep into the cookie jar and help yourself. The right proportion of sugar tends to make cookies chewy or crisp, as desired.

And for a dependable cookie sugar, be sure to use all-purpose DOMINION CRYSTAL in the convenient five or ten-pound package.

SUGAR COOKIES

3 cups pastry flour
2 teaspoons baking powder
Pinch of salt
 $\frac{3}{4}$ cup butter

1 cup Dominion Crystal Fine Sugar
2 eggs
 $\frac{1}{2}$ teaspoon vanilla extract
 $\frac{1}{4}$ cup milk

METHOD:

1. Sift together the flour, baking powder and salt.
2. Have the butter at room temperature and cream with sugar.
3. Stir in well-beaten eggs and vanilla extract.
4. Add dry ingredients and milk slowly, blending well.
5. Chill thoroughly.
6. Roll $\frac{1}{4}$ inch thick on lightly floured board.
7. Cut in fancy shapes with cookie cutters.
8. Brush with unbeaten egg white and sprinkle with sugar.
9. If desired, sprinkle sugar on part of the batch and ice the rest.
10. Bake on lightly greased cookie sheets in a moderate oven about 10 minutes.

NOTE: These cookies are good with frosting made by adding icing sugar to $\frac{1}{4}$ cup of boiling water until you get the right consistency for spreading. Flavor as desired.

FROSTY LAYER-CAKE COOKIES

First Layer:

- $\frac{1}{2}$ cup butter or margarine
($\frac{1}{4}$ lb.)
- $\frac{3}{4}$ cup Dominion Crystal Fine
Sugar
- 1 whole egg

- 1 egg yolk
- 2 tablespoons milk
- $\frac{1}{2}$ teaspoon vanilla extract
- $1\frac{1}{2}$ cups sifted all-purpose flour
- 1 teaspoon baking powder
- $\frac{1}{4}$ teaspoon salt.

METHOD:

1. Cream together butter or margarine and sugar until fluffy.
2. Stir in slightly beaten eggs to which milk and flavoring have been added.
3. Fold in sifted dry ingredients; blend thoroughly (will be thick).
4. Spread batter evenly in lightly greased 9"x14"x2" pan.

Second Layer:

- 1 egg white
- 1 tablespoon white corn syrup

- $\frac{3}{4}$ cup Dominion Crystal Fine
Sugar
- $\frac{1}{2}$ cup coarsely chopped nut
meats.

METHOD:

1. Beat egg white until dry and holds shape.
2. Slowly add corn syrup.
3. Slowly add sugar, a tablespoon at a time.
4. After all sugar has been added, beat mixture 2 minutes (will be very thick, but not stiff.)
5. Fold in nut meats.
6. Spread thinly just to edge of first cake layer.
7. Bake in moderate oven (350°F) about 20 minutes.
8. Cut at once.

YIELD: $1\frac{1}{2}$ dozen cookies.

VARIETY COOKIES

- 3 cups sifted pastry flour
- 2 teaspoons baking powder
- $\frac{3}{4}$ teaspoon salt.
- $\frac{3}{4}$ cup butter or shortening
- $1\frac{1}{4}$ cups Dominion Crystal Fine
Sugar
- 2 eggs, well beaten

- $\frac{1}{4}$ cup milk
- $1\frac{1}{2}$ teaspoons vanilla
- 1 square unsweetened chocolate,
melted
- $\frac{1}{3}$ cup chopped nut meats
- $\frac{1}{3}$ cup chopped dates or raisins.

METHOD:

1. Sift flour. Measure. Sift again with baking powder and salt.
2. Cream butter until soft. Add sugar gradually, beating until light and fluffy.
3. Add eggs. Beat well. Add flour alternately with milk, vanilla, beating well.
4. Divide batter into three parts.
5. To first add chocolate.
6. To second add nut meats.
7. To third add dates or raisins.
8. Drop by teaspoonfuls about 2 inches apart on greased baking sheets.
9. Bake in moderately hot oven (400°F). about 12 to 18 minutes.

PEANUT SUGAR DROPS

1 cup softened butter or margarine

½ cup Dominion Crystal Fine Sugar

2 teaspoons vanilla extract

1¾ cups finely chopped, salted peanuts

2 cups sifted, all-purpose flour

METHOD:

1. Cream butter or margarine and sugar.
2. Mix until light and fluffy.
3. Add flavoring and peanuts.
4. Work in sifted flour.
5. Roll into small balls (1 inch in diameter) and place 1¾ in. apart

on an ungreased cookie sheet.

6. Bake in a slow oven (325° F.) for 25 minutes or until delicately browned.

7. Place ½ cup fine or powdered sugar in soup bowl.

8. Roll warm cookies in sugar.

YIELD: 6 dozen cookies.

* SHORTBREAD

(Prize-winning Recipe)

1½ cups butter

1 cup Dominion Crystal Fine Sugar

3½ to 4 cups sifted pastry flour

4 tablespoons bread flour

½ teaspoon vanilla

METHOD:

1. Cream butter and add sugar gradually and cream together thoroughly.
2. Add vanilla.
3. Work pastry and bread flour in until dough can be easily handled.

4. Divide dough in four.

5. Pat into shapes (½ inch thick).

6. Place on ungreased cookie sheet.

7. Prick with fork.

8. Bake in a slow oven (300°F) 20 to 25 minutes.

* Submitted by Mrs. Allan Neal, Brigden, Ontario.

BROWNIES

2 cups Dominion Crystal Fine Sugar

4 ounces chocolate, melted then cooled

½ cup butter or margarine

4 eggs, beaten until light

¼ teaspoon salt.

METHOD:

1. Cream butter.
2. Add beaten eggs and salt.
3. Add the sifted sugar gradually and continue to beat until these ingredients are light and creamy.
4. Fold in the melted mixture and 1 teaspoon vanilla.

5. Sift and add: 1 cup pastry flour.

6. Beat batter until smooth.

7. Fold in 1 cup nut meats.

8. Grease well, pan 9"x13".

9. Bake in moderate oven (325°F) 30 minutes.

10. When cool, cut in oblongs or squares.

* RAGGED ROBINS

(Prize-winning Recipe)

- | | |
|-----------------------------------|-------------------------|
| 2 egg whites | 1/2 cup chopped dates |
| 1 cup Dominion Crystal Fine Sugar | 1/2 cup chopped walnuts |
| 1 1/2 cups cornflakes | 1 teaspoon vanilla. |

METHOD:

1. Beat egg whites until stiff but not dry.
2. Gradually add fine sugar and beat between additions.
3. Add vanilla, cornflakes, dates and walnuts.
4. Mix thoroughly.
5. Drop by small spoonfuls onto oiled baking sheet.
6. Bake in a moderate oven (325° F) for 10 to 15 minutes.

YIELD: 3 dozen cookies.

* Submitted by Mrs. Robert Macdonald, 302 Stuart Street, Sarnia, Ontario.

* OATMEAL DROP COOKIES

(Prize-winning Recipe)

- | | |
|--|---------------------------|
| 3/4 cup shortening | 1 tablespoon water |
| 1 cup Dominion Crystal Fine Sugar | 1 cup raisins or currants |
| 2 eggs | 1 cup sifted pastry flour |
| 1 teaspoon baking soda, dissolved in . . . | 1/2 teaspoon salt |
| | 1 teaspoon cinnamon |
| | 2 cups rolled oats. |

METHOD:

1. Cream shortening, add sugar and cream well together.
2. Add eggs.
3. Add soda dissolved in water and mix well.
4. Add raisins.
5. Add flour sifted with salt and cinnamon.
6. Add rolled oats.
7. Drop from a teaspoon onto a greased baking sheet.
8. Bake in a moderate oven (350° F) for 12 minutes.

YIELD: 4 dozen cookies.

* Submitted by Mrs. Clarence Urquhart, R.R. No. 3, Glencoe, Ontario.

PEANUT BUTTER COOKIES

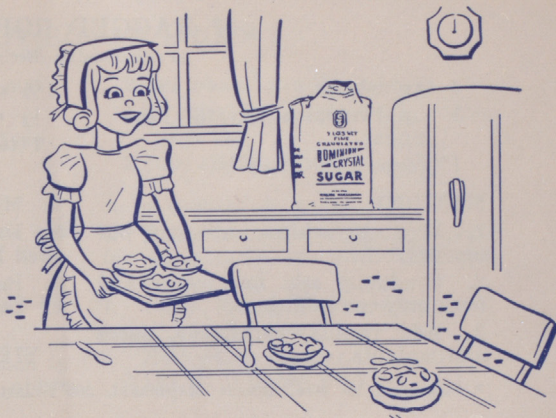
- | | |
|-------------------------------------|--------------------------------|
| 1/2 cup shortening | 1/2 tablespoon water |
| 1/2 cup peanut butter | 1 3/4 cups sifted pastry flour |
| 1/2 cup Dominion Crystal Fine Sugar | 1/2 teaspoon baking soda |
| 1/2 cup firmly packed brown sugar | 1/2 teaspoon salt |
| | 1 egg, well beaten |

METHOD:

1. Cream shortening and peanut butter thoroughly.
2. Add white and brown sugar gradually.
3. Cream well.
4. Add egg and water.
5. Beat well.
6. Add sifted dry ingredients.
7. Roll into balls.
8. Place on ungreased baking sheet, press down with a fork.
9. Bake in a moderate oven (350° F) 10 to 15 minutes.

YIELD: 4 1/2 dozen.

Desserts



Could you imagine enjoying a dessert which was not sweet? Of course not! — but very often sugar does even more. Sugar helps to keep many desserts moist and tender. In others, sugar aids in browning because it caramelizes slightly during baking. In custards, sugar helps to prevent “weeping.” In frozen desserts, sugar hinders the formation of large ice crystals.

Being an all-purpose sugar, DOMINION CRYSTAL is just right for dessert making of any kind. Keep a handy five or ten-pound package of DOMINION CRYSTAL special fine sugar on your kitchen shelf all the time.

BAKED CUSTARD

1 quart milk
4 eggs, beaten
¼ teaspoon salt

¼ teaspoon lemon extract
½ cup Dominion Crystal Fine Sugar

METHOD:

1. In a saucepan heat 1 quart milk (until bubbles appear around the edge).
2. Remove from heat.
3. Slowly pour milk into well-beaten mixture of 4 eggs, ½ cup sugar, ¼ teaspoon salt and ¼ teaspoon lemon extract.

4. Pour into custard cups.
5. Place cups in pan of hot water (water should be almost to level of custard).
6. Bake in moderate oven (350°F) about 50 minutes or until silver knife inserted into center comes out clean.

YIELD: ten 6½-ounce cups.

BAKED RHUBARB

Grated rind of 2 oranges
2 oranges, peeled and sliced

1½ cups Dominion Crystal Fine Sugar
4 cups diced raw rhubarb

METHOD:

1. Place orange slices in lightly greased casserole.
2. Add sugar and orange rind.

3. Top with rhubarb.
4. Bake covered at (350°F), 40 minutes.

SERVES: 5 or 6.

ONE-EGG COTTAGE PUDDING

2 cups sifted pastry flour
2 teaspoons baking powder
 $\frac{3}{4}$ teaspoon salt
 $\frac{1}{3}$ cup butter or shortening.

1 cup Dominion Crystal Fine Sugar
1 egg, unbeaten
 $\frac{7}{8}$ cup milk
1 teaspoon vanilla

METHOD:

1. Sift flour once, measure, add baking powder and salt, and sift together three times.
2. Cream shortening, add sugar gradually and cream together until light and fluffy.
3. Add egg and beat well.
4. Add flour, alternately with milk,

a small amount at a time, beating after each addition until smooth.

5. Add vanilla.
6. Turn into a well-greased 9x9x2-inch square pan.
7. Bake in moderate oven (375°F) 25 minutes, or until done.
8. Remove and cut in squares, serve with sauce.*

* Chocolate Sauce

2 squares unsweetened chocolate
2 cups milk
 $\frac{2}{3}$ cup Dominion Crystal Fine Sugar

$\frac{1}{8}$ teaspoon salt
2 tablespoons butter
1 teaspoon vanilla
 $2\frac{1}{2}$ tablespoons pastry flour.

METHOD:

1. Heat chocolate and milk in double boiler.
2. When chocolate is melted, beat with rotary egg beater until blended.
3. Combine sugar, flour and salt; add gradually to chocolate mixture.

4. Cook until thickened, stirring constantly.
5. Cook 5 minutes longer, stirring occasionally.
6. Add butter and vanilla.
7. Serve on cottage pudding or other desserts.

YIELD: Makes $2\frac{1}{2}$ cups sauce.

LEMON CREAM PUDDING

$1\frac{1}{2}$ cups scalded milk
3 tablespoons cornstarch
1 tablespoon pastry flour
 $\frac{3}{4}$ cup Dominion Crystal Fine Sugar
 $\frac{1}{8}$ teaspoon salt.

$\frac{1}{2}$ cup cold milk
2 lemons, grated rind and juice (6 tablespoons juice)
2 egg yolks, slightly beaten
2 egg whites, stiffly beaten

METHOD:

1. Mix cornstarch, flour, sugar and salt.
2. Slowly add cold milk and mix.
3. Add scalded milk and lemon rind to cornstarch mixture and cook over boiling water about 20 minutes, stirring constantly until mixture is thick.

4. Add some of the hot mixture to egg yolks. Stir into pudding and cook 5 minutes.
5. Remove from heat, add lemon juice.
6. Fold into beaten egg whites.
7. Chill.

SERVES: 6 or 7.

CHOCOLATE BREAD PUDDING DELUXE

- | | |
|-----------------------------------|-----------------------------|
| 3 cups milk | ¼ teaspoon salt |
| 2 squares unsweetened chocolate | 2 tablespoons melted butter |
| 3 eggs | 1 teaspoon vanilla |
| ½ cup Dominion Crystal Fine Sugar | 3 cups cubed stale bread |

METHOD:

1. Heat milk and chocolate in top of double boiler.
2. When chocolate is melted, beat until blended.
3. Remove from heat. Let cool 5 minutes.
4. Beat eggs slightly.
5. Stir in Dominion Crystal Fine Sugar and salt.
6. Add chocolate mixture slowly, stirring well. Add butter and vanilla.
7. Pour over bread cubes in greased baking dish.
8. Let stand 10 minutes.
9. Mix well before baking.
10. Place dish in pan of hot water and bake in moderate oven (350°F) about 1 hour.
11. Serve hot or cold with cream or whipped cream sprinkled with toasted coconut.

* CARROT PUDDING

(Prize-winning Recipe)

- | | |
|-----------------------------------|----------------------------|
| 1 cup grated carrots | 1 cup dates, cut fine |
| 1 cup grated potatoes | 1 cup chopped nut meats |
| ½ cup Dominion Crystal Fine Sugar | 2 cups sifted pastry flour |
| ½ cup brown sugar, firmly packed | 1 teaspoon baking soda |
| 1 cup finely ground suet | 1 teaspoon baking powder |
| 2 eggs, well beaten | 1 teaspoon nutmeg |
| 2 cups seedless raisins | 1 teaspoon cinnamon |
| | ½ teaspoon salt |

METHOD:

1. Combine ingredients in order given.
2. Turn into two greased 7-inch moulds.
3. Cover tightly with several layers of waxed paper.
4. Steam 3 hours.
5. Serve hot.
6. This pudding is much better made at least a week ahead and then reheated by steaming.

* Submitted by Mrs. Merritt Smith, R.R. No. 2, Thamesville, Ontario.

FRUIT WHIP

- | | |
|-----------------------------------|--|
| 2 egg whites | 1½ cups well-drained fruit, sieved or chopped. |
| ¼ cup Dominion Crystal Fine Sugar | |

METHOD:

1. Beat egg whites until stiff but not dry.
2. Add sugar gradually. Continue beating.
3. Add fruit and beat until well mixed. May be served with custard sauce or whipped cream.

Serves: 4.

RICE PUDDING

½ cup rice
4 cups milk
½ teaspoon salt
Grated peel of ½ lemon

¼ teaspoon nutmeg
½ cup seeded raisins
½ cup Dominion Crystal Fine Sugar

METHOD:

1. Wash rice and add milk, salt and sugar.
2. Pour into greased baking dish.
3. Bake in slow oven (300°F) for

- 1 hour stirring several times.
4. Add lemon peel, nutmeg and raisins.
5. Continue to bake for 2 to 2½ hours.

SERVES: 6.

LEMON CREAM TAPIOCA

¼ cup quick-cooking tapioca
¾ cup Dominion Crystal Fine Sugar
¼ teaspoon salt

2 cups water
¼ cup lemon juice
1 tablespoon grated lemon rind
½ cup heavy cream, whipped

METHOD:

1. Combine tapioca, sugar, salt and water in saucepan; bring to full rolling boil, stirring constantly.
2. Remove from heat at once (mixture will be thin).
3. Cool.

4. Add lemon juice and rind.
5. Chill.
6. Fold in whipped cream.
7. Spoon into dessert dishes.
8. Garnish with sweetened raspberries.

YIELD: 4 to 5 servings.

Pass a dish of crushed, sugared raspberries as an added touch.

BLUEBERRY BUCKLE

½ cup shortening
½ cup Dominion Crystal Fine Sugar
1 egg, beaten

2 cups pastry flour
¼ teaspoon salt
2½ teaspoons baking powder.
½ cup milk

TOPPING

2 cups blueberries
½ cup Dominion Crystal Fine Sugar

½ cup pastry flour
½ teaspoon cinnamon
¼ cup butter

METHOD:

1. Thoroughly cream ½ cup shortening and ½ cup sugar.
2. Add beaten egg and mix well.
3. Sift 2 cups flour, ¼ teaspoon salt and 2½ teaspoons baking powder.
4. Add this to creamed mixture alternately with ½ cup milk.

5. Pour into greased 8-inch layer cake pan and sprinkle 2 cups fresh blueberries over batter.
6. Mix ½ cup sugar, ½ cup flour, ½ teaspoon cinnamon and ¼ cup butter until crumbly:
7. Sprinkle over blueberries.
8. Bake 350°—1 hour, 15 minutes.

Jams and Jellies



Sugar plays the indispensable role of preservative in jams, jellies and preserves. A sufficient concentration of sugar prevents growth of such food spoilage organisms as bacteria and yeasts.

Good jellies and jams require the correct proportion of pectin, acid and sugar. Some fruits have just the right amounts of pectin and acid. To others, one or both of these must be added. Sugar acts as a tenderizer of pectin and if the fruit is rich in pectin, more sugar will be required than for fruit low in pectin. Either an unbalanced pectin-acid-sugar relationship, or the time of boiling, is responsible for most jam and jelly faults.

In canning, freezing and pickling, sugar sweetens the product, and helps to regulate the texture and give the juice a desirable consistency.

Many of Canada's leading commercial food processors use DOMINION CRYSTAL SUGAR with consistent success. Follow the example of these large sugar users and make sure that DOMINION CRYSTAL goes into all your jams, jellies and preserves.

CANNED PEARS

1. Wash pears, peel and cut in halves.
2. Remove stems, cores and blossom ends.
3. Cook 4 to 8 minutes in boiling syrup. (Medium)*
4. Pack in hot sterilized jars and fill jars to within $\frac{1}{2}$ inch of top with boiling syrup.
5. Adjust tops according to manufacturer's directions.
6. Place jars on rack in hot water bath, with at least 3 inches of water over tops of jars.
7. Process for 20 minutes, counting time from instant water begins to boil.
8. Remove jars.
9. Stand them away from drafts until cool.

* MEDIUM SYRUP

3 lbs. Dominion Crystal Fine Sugar

4 cups hot water.

METHOD:

1. Combine Dominion Crystal Fine Sugar and hot water.
2. Stir until sugar is dissolved.
3. Let boil, uncovered, for five minutes.

STRAWBERRY JAM

2 quarts strawberries

4½ cups Dominion Crystal Fine Sugar

METHOD:

1. Wash and hull strawberries.
2. Crush.
3. Place in a large saucepan.
4. Add sugar and mix well.
5. Bring to full boil over high heat, stirring constantly.
6. Boil for three minutes, or until syrup "sheets" from the spoon.

7. Remove from heat.
8. Stir.
9. Pour into sterilized jelly glasses to within ½ inch of top.
10. Cover at once with a layer of hot paraffin.
11. When cool, cover each glass with a sterilized tin top, or tightly pasted paper cover.

YIELD: About six 6-ounce glasses.

GRAPE JELLY

8 cups juice from fresh grapes.

8 cups Dominion Crystal Fine Sugar.

METHOD:

1. Wash grapes thoroughly. Discard stems.
2. Place grapes in a large preserving kettle and mash slightly with potato masher.
3. Cover kettle tightly and boil slowly until grapes are soft.
4. Drain juice through cheesecloth or cotton flannel bag. Do not squeeze bag.

5. Measure juice.
6. To each cup of juice add 1 cup of Dominion Crystal Sugar.
7. Allow the juice to boil rapidly until temperature of 220°F is reached on candy or syrup thermometer, or until two drops of juice hang together from side of spoon. (This is called the **sheet test**).
8. Skim jelly and pour into hot, sterilized glasses.
9. Seal at once with paraffin.

PEACH MARMALADE

2 pounds (4 cups) peach pulp
1 orange, rind and juice

2 pounds (4 cups) Dominion Crystal Fine Sugar.

METHOD:

1. Peel about 3 pounds ripe peaches. Remove pits.
2. Mash to a pulp.
3. Add orange juice and rind which has been put through food chopper.
4. Measure or weigh peach pulp.
5. Place in large kettle in alternate layers with Dominion Crystal Sugar.
6. Place over low heat.

7. Bring to a boil, stirring frequently.
8. Cook slowly until thick, about 1 hour. (An asbestos mat placed under preserving kettle will prevent too fast cooking.)
9. To test marmalade, place spoonful on small plate and chill. If marmalade is thick when cool, it is done.
10. Pour into hot, sterilized glasses. Seal immediately with hot paraffin.

YIELD: Six 8-oz glasses.

SPICY PLUM JAM

- | | |
|--|--|
| 4 cups seeded plums | $\frac{1}{8}$ teaspoon ground allspice |
| 2 cups Dominion Crystal Fine Sugar | $\frac{1}{8}$ teaspoon ground ginger |
| $\frac{1}{4}$ teaspoon ground cinnamon | $\frac{1}{8}$ teaspoon dry mustard |
| $\frac{1}{8}$ teaspoon ground cloves | $\frac{1}{4}$ cup vinegar. |

METHOD:

1. Wash, halve and pit plums.
2. Combine all ingredients and cook on a medium heat, stirring occasionally to prevent sticking.
3. When desired thickness has been reached, seal at once in hot sterilized standard jars.

YIELD: 2 pints.

APPLE JELLY

- | | |
|------------------------------|--|
| 3 pounds (about 9) apples or | 3 tablespoons lemon juice |
| 3 cups apple juice | $2\frac{1}{4}$ cups Dominion Crystal Fine Sugar. |

METHOD:

1. Wash apples; do not pare or core.
2. Cut in eighths, removing blemishes.
3. Add water to barely cover; cook until soft; drain through dampened jelly bag.
4. Measure juice; add lemon juice and sugar; stir until sugar is dissolved and no sugar adheres to sides of kettle.
5. Boil rapidly about 20 minutes or until 2 thick heavy drops run together off clean metal spoon (219° to 221°F).
6. Remove from heat, skim and pour in hot sterilized jelly glasses.
7. Paraffin at once.

YIELD: Three 6-ounce glasses.

WATERMELON PRESERVES

- | | |
|---------------|------------------------------------|
| 1 watermelon | 3 cups Dominion Crystal Fine Sugar |
| Salt | 2 lemons |
| Pinch of alum | Spices if desired. |

METHOD:

1. Peel and cut in slices, the rind of one watermelon.
2. Place in large pan and sprinkle with salt.
3. Add water to cover.
4. Stir until salt is dissolved and allow to soak overnight.
5. Drain slices and parboil in water containing a pinch of alum.
6. Drain again.
7. Make a thick syrup of three cups of Dominion Crystal Fine Sugar and 1 cup of water.
8. Add slices of two lemons.
9. Add watermelon slices to the boiling syrup, and cook until tender and clear.
10. Spices can be used as preferred.
11. Pour into clean, hot jars, and seal immediately.

CRANBERRY JELLY

4 cups cranberries
3 cups boiling water

2½ cups Dominion Crystal Fine
Sugar.

METHOD:

1. Wash cranberries, discarding stems and all unsound or unripe berries.
2. Drain thoroughly.
3. Place in large saucepan with boiling water and Dominion Crystal Sugar.
4. Bring to boiling point for 20 minutes, crushing berries with a

spoon as they soften.

5. It is important to time the boiling period carefully.
6. Press juice and pulp through a strainer to remove skins.
7. Turn into a mold, preferably metal, and chill well.
8. To make Cranberry Sauce instead of jelly, do not strain.

YIELD: Serves 8 to 10.

PINE COT MARMALADE

1 lb. dried apricots

1 16-oz can crushed pineapple.

METHOD:

1. Soak apricots overnight.
2. Grind apricots in food chopper.
3. To every cupful of pineapple and apricots, add 1 cup of Dominion

Crystal Sugar.

4. Mix well.
5. Boil ten minutes over a low heat.
6. Put in jars.

CITRUS CONSERVE

1 grapefruit
2 oranges
1 lemon, juice

6 cups Dominion Crystal Fine
Sugar

6 cups cold water
1 cup chopped pecans.

METHOD:

1. Remove seeds from grapefruit and oranges.
2. Put through food chopper, using fine knife.
3. Add lemon juice, sugar and water, and let stand overnight.
4. Cook in heavy kettle.

5. Bring to a boil, simmer until very thick, stirring often to prevent sticking.
6. Remove from heat; add pecans.
7. Pour into hot, sterilized glasses.
8. Paraffin at once.
9. Cool and cover.

PEACH BUTTER

5 lbs. peaches
Spices to taste.

3 lbs. Dominion Crystal Fine
Sugar

METHOD:

1. Peel and slice fruit.
2. Cover with sugar and let stand overnight.
3. Cook very slowly until thick and clear (about three hours).

4. Stir occasionally to prevent sticking.
5. Force through a sieve, adding spices to the pulp if desired.
6. Pour into hot sterilized jars and seal.

YIELD: About 2 quarts.

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PEAR - PINEAPPLE PRESERVES

3 cups OR 4 large Bartlett pears,
sliced
2½ cups Dominion Crystal Fine
Sugar

Juice and rind of 1 lemon
¾ cup pineapple chunks
8 maraschino cherries, halved
3 drops red food coloring.

METHOD:

1. Wash, peel and core pears.
2. Combine ½-inch pieces of pears, sugar, lemon juice and rind, and pineapple.
3. Cook on medium heat for about 20 minutes.

4. Add cherries and food coloring during last 5 minutes of cooking.
5. When desired thickness has been reached, seal at once in hot, sterilized standard jars.

YIELD: Three ½ pints.

SWEET MUSTARD PICKLES

4 quarts large green cucumbers
(approximately 8 large). Peel
and remove centres.
3 quarts brown-skin cooking on-
ions or small pickling onions.
Peel.
1 small head cauliflower.
2 sweet red peppers, remove
seeds
¾ cup salt

8 cups Dominion Crystal Fine
Sugar
3 oz. celery seed.
1 teaspoon whole cloves.
1¾ cups pastry flour
2 cups water
¼ cup mustard
1 teaspoon tumeric
½ gallon cider vinegar.

METHOD:

1. Dice vegetables in cubes or small wedges.
2. Sprinkle with ¾ cup salt and let stand overnight.
3. Drain off brine and put pickles in preserving kettle.
4. Add ½ gallon cider vinegar, 8 cups Dominion Crystal Fine Sugar, 3 oz. celery seed, and 1 teaspoon whole cloves.

5. Bring to full rolling boil for 2 minutes.
6. Make a paste of 1¾ cups pas-try flour, 2 cups water, ¼ cup mustard and 1 teaspoon tumeric.
7. Add this to pickle, let boil 10 to 15 minutes stirring constantly.
8. Seal in sterile jars while hot.

YIELD: 12 pints.

SWEET DILL PICKLES

1¾ cups Dominion Crystal Fine
Sugar

1 cup cider vinegar
1 pint dill pickles.

METHOD:

1. In a saucepan dissolve 1¾ cups Dominion Crystal Fine Sugar in 1 cup cider vinegar.
2. Bring to a boil, then set aside to cool.

3. Cut 1 pint dill pickles into ¼-inch slices and add to cooled mixture.
4. Add seasoning and stir.
5. Allow to stand at least 24 hours.

NOTE: For sweet-tart flavor, add several small or some thinly-sliced white onions or sprinkle in a bit of garlic salt. For color and flavor variety add whole maraschino cherries.

Candies



For good candy-making, you should remember a few simple facts about how sugar acts.

When entirely non-crystalline candies are being made, such as caramels, nougats, taffies or brittles, crystallization must be prevented altogether. In making crystalline candies like fudge and fondant, special care needs to be taken if the mixture is to consist of crystals so small as to feel creamy on the tongue.

When liquid is hot, it will hold more sugar in solution than when it is cold. Then when the solution cools, more sugar is present than the liquid can hold in solution so it crystallizes. If there are a few crystals around the edge, or if you stir the sugar solution while hot, it starts crystallizing immediately and the first tiny crystals grow bigger. In the case of fudge this makes it coarse and grainy. But by waiting until the fudge is cool, and then beating, you give the rapidly forming crystals no chance to grow. And presto—creamy smooth fudge.

And for your candy making be sure to use sparkling, pure DOMINION CRYSTAL SUGAR—it's special fine.

WHITE NUT FUDGE

2 cups Dominion Crystal Fine Sugar
 $\frac{1}{4}$ teaspoon salt
 2 tablespoons light corn syrup
 1 cup milk

1 teaspoon vanilla extract
 $\frac{3}{4}$ cup coarsely chopped nut meats
 2 tablespoons butter or margarine.

METHOD:

1. Combine sugar, salt, corn syrup, butter or margarine and milk in a saucepan, blending well.
2. Cook slowly to soft ball stage (234°F), stir occasionally to prevent burning.
3. Remove from heat; allow candy to stand undisturbed until bottom of saucepan is lukewarm to your hand.

4. Add vanilla and nut meats; beat mixture until it becomes creamy and loses its gloss—almost holds shape.
5. Pour into a well-buttered pan (8"x8"x2").
6. Cut into 1 inch squares while still warm.

YIELD: 1 lb. candy.

CREAMY CHOCOLATE FUDGE

- | | |
|------------------------------------|----------------------|
| 2 squares unsweetened chocolate | 1/2 cup water |
| 2 cups Dominion Crystal Fine Sugar | 2 tablespoons butter |
| 1/4 teaspoon cream of tartar | 1/4 teaspoon salt |
| 1/2 cup evaporated milk | 1/2 teaspoon vanilla |

METHOD:

1. Mix chocolate, sugar, cream of tartar, evaporated milk and water in large saucepan.
2. Place over low heat.
3. Bring slowly to boiling point, stirring frequently.
4. The secret of creamy fudge is to have every grain of sugar dissolved before fudge boils, so be sure to use Dominion Crystal! It's quick-dissolving.
5. Boil fudge gently. Stir until mixture forms soft ball in cold water or until candy thermometer indicates 234°F. Remove from heat.
6. Add butter and salt without stirring.
7. Cool until lukewarm (110°F) or until bottom of pan feels warm but not hot.
8. Add vanilla. Beat until candy loses its shiny appearance and becomes creamy. At first sign of stiffening, pour into buttered pan.
9. When cool, cut into squares.

YIELD: 1 1/4 lbs.

DIVINITY FUDGE

- | | |
|--|---------------------------|
| 1 1/2 cups Dominion Crystal Fine Sugar | Few drops food coloring |
| 1/2 cup light corn syrup | 1 stiff-beaten egg white |
| 1/4 cup hot water | 1/2 teaspoon vanilla |
| 1/2 teaspoon white vinegar | 1/2 cup broken nut meats. |

METHOD:

1. Combine sugar, corn syrup, water, vinegar, and food coloring if desired.
2. Cover; place over moderate heat; heat to boiling.
3. Remove cover after 5 minutes.
4. Cook to very hard ball stage (260°F).
5. Remove from heat.
6. Cool slightly.
7. Add gradually to stiff-beaten egg white, beating constantly until very stiff.
8. Let cool, stirring occasionally.
9. Stir in vanilla and nut meats.
10. Drop from buttered teaspoon to buttered cookie sheet.

YIELD: Makes 30 pieces.

MARSHMALLOW PECAN BRITTLE

- | | |
|------------------------------------|-----------------------------------|
| 2 cups Dominion Crystal Fine Sugar | 1/2 cup pecans, chopped |
| | 16 marshmallows, cut in quarters. |

METHOD:

1. Place sugar in heavy skillet.
2. Heat slowly, stirring until sugar melts and forms a smooth golden syrup.
3. Remove from heat and blend in marshmallows and pecans.
4. Pour into buttered 8"x8"x2" pan.
5. Break into pieces when hard.

APPLES-ON-A-STICK

8 red apples

3 cups Dominion Crystal Fine
Sugar

1¼ cups water

Red food coloring

⅛ teaspoon cream of tartar.

METHOD:

1. Wash and dry apples thoroughly.
2. Insert wooden skewers in ends.
3. Place Dominion Crystal Fine Sugar, cream of tartar, and water in heavy saucepan or in top part of double boiler. (It is necessary to have syrup deep enough to dip apples into easily.)
4. Heat slowly, stirring until sugar is dissolved.
5. When mixture starts boiling,

color a bright red with certified food coloring.

6. (Do not stir.) Wipe sides of pan carefully with a damp cloth.

7. Boil, without stirring, until syrup is brittle when tested in cold water or until candy thermometer registers 290°-295°F.

8. Dip apple into syrup, holding by skewer; remove at once and twist so that syrup spreads evenly. Stand on buttered baking sheet.

9. Drop leftover syrup on skewers to form lollipops.

POPCORN BALLS

1 cup Dominion Crystal Fine
Sugar

1½ cups brown sugar
½ cup water

3 quarts popped corn

1 tablespoon butter

1 teaspoon salt.

METHOD:

1. Put sugars and water into saucepan and stir over low heat until sugar dissolves.

2. Boil (240°F) without stirring until a soft ball forms when the syrup is tried in cold water.

3. Add butter and stir immediately into salted popcorn.

4. Mix well and form into balls with hand.

YIELD: About 20 balls 2½" in diameter.

BUTTERSCOTCH

2 cups Dominion Crystal Fine
Sugar

½ cup light corn syrup

½ cup butter

½ tablespoon vanilla

⅔ cup water

METHOD:

1. Place sugar, corn syrup and water into saucepan.

2. Cook on medium low heat without stirring till sugar is dissolved.

3. Cook to (288°F) hard crack stage or until a small amount

separates into threads which are hard but not brittle when tested in cold water.

4. Stir in butter and vanilla and pour into buttered 8"x8"x2" pan.

5. When cool, cut into squares (64).

6. Break apart when cold.

* DATE - PECAN ROLL

3 cups Dominion Crystal Fine
Sugar
½ teaspoon salt
½ cup milk

¼ cup white corn syrup
1 cup pitted, coarsely cut dates
1½ cups coarsely chopped pecans.

METHOD:

1. Combine sugar, salt, milk and corn syrup in a saucepan, blending thoroughly.
2. Cook over medium heat to soft ball stage (240°F); stir occasionally to prevent scorching.
3. Remove from heat.
4. Add dates and pecans.
5. Beat with wooden spoon until mixture completely loses its gloss—almost holds shape.

* Keep in refrigerator—slice as needed.

6. Turn out onto clean, cold, damp folded tea towel; shape candy into a rectangle (about 12"x7") using the towel as a pusher; roll lengthwise; shape into compact roll 1½" in diameter (it will be about 15" long).

7. Wrap in wax paper, then in a clean damp towel; store in refrigerator.

8. Cut off ¼" slices as desired.

YIELD: 2 lbs. or 60 slices.

QUICK PEANUT BRITTLE

2 cups Dominion Crystal Fine
Sugar

1 cup whole or half peanuts

METHOD:

1. Put sugar in frying pan or skillet over a low heat and stir well until sugar is melted and clear.
2. Stir in peanuts and immediately pour mixture into a buttered dish.
3. Let cool.
4. Break into pieces.

YIELD: 1 lb.

NOTE:

WALNUT BRITTLE:

3 cups Dominion Crystal Fine
Sugar
2 cups broken black walnut meats

METHOD:

Same as Quick Peanut Brittle.

BURNT SUGAR PENUCHI

2 cups Dominion Crystal Fine
Sugar
½ cup burnt Dominion Crystal
Fine Sugar.

3 tablespoons butter
1 cup nut meats
1 cup milk.

METHOD:

1. Place all ingredients together in pan and cook on low heat 238°F (soft ball stage).
2. Cool to 110°F (or lukewarm) and beat until it begins to cream.

3. Add nuts and finish beating.
4. Pour out onto buttered 8"x8"x2" pan.
5. Mark desired sized pieces while warm.

Facts about Sugar

Familiar sugar is available for energy quicker than any other common food.

Pound for pound, sugar is the cheapest source of food energy.

Completely pure substances are not known to chemistry, but of all common compounds, sugar is the purest, averaging more than 99.9 per cent pure sucrose.

Sugar cane and sugar beets are the greatest calories-per-acre crop, producing about 6,500,000 calories of food energy per acre.

In 24 hours a typical sugar factory makes over 500 chemical and polariscopic observations to assure purity of finished product.

Sugar can be obtained from almost every green plant; it accounts for most of the nutritive value of our common fruits.



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*Sold in handy 5 and 10 lb.
packages!*



*Recipes which have won prizes in open competition
are marked with asterisks (*).*

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